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Food and Home Notes

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 — Child Development
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Uncooked poultry maintains desirable flavor and texture longer in freezer storage than cooked poultry.

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All dried fruits should feel firm but pliable to the touch. If the dried fruits are in a see-through package, you can judge quality somewhat by appearance.

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There are three major groups of cabbage varieties — smooth-leaved green cabbage, crinkly leaved Savoy cabbage, and red cabbage. The Savoy and red varieties are most in demand for use in slaws and salads.

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Cauliflower is available during every month of the year. The white edible portion is called the curd.

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Fully matured green peppers of the same type as sweet green peppers have a bright red color.

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Parsley can be a valuable addition (vitamin A) to your diet — consider it a food and not a garnish.

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USDA FUNDING RESEARCH

—ON CHILD DEVELOPMENT

How do parents affect their children's achievements in preschool programs. This will be explored in new research by the University of Maryland in a grant from the U.S. Department of Agriculture's Cooperative State Research Service. The effects of preschool programs on families and communities will also be studied.

The research will involve interviewing parents of Mexican-American preschoolers in Muscatine, Iowa, which will provide researchers with data for comparative analyses with earlier information from a study at Maryland. The earlier study concerned an Eastern Shore of Maryland population which was predominately black, and poor, which was engaged in service employment — the fishing industry and food processing.

It is anticipated that the new findings will help provide information on the effectiveness of parental training in early childhood education.

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A NEW LIFESTYLE

—— FOR WORKING WOMEN

Forty percent of the American workforce is female and 43 percent of the women of working age are employed. Eighty-five percent are either single, widowed, divorced, separated, or married to men who earn less than \$6,000 a year. Statistics show that these women have to work — and they often have children and homes with which to be concerned.

Money is a big problem. Women earn less than men — for every dollar in the male's pay envelope the female finds 60 cents. Reason? Partly due to the type of work women do (traditionally). The professional areas are small, generally falling into fields of nursing, teaching, librarians, and social workers. Men, now, are even moving into doing traditionally "female-type" jobs faster than the women are moving into theirs — but it is happening.

The Extension Service is sponsoring conferences for women who are seeking a different level of endeavor — who are anxious to move up. Women's Studies Programs are springing up in every area now — the range includes programs for teen-age girls trying to find the type of work they want to do to the mature women who are returning to the field for retraining — or even to be trained for a new career. These endeavors are frequently — usually — supported by men....because, they are also listening now.

Jennie Farley, director of Women's Studies Program, Cooperative Extension Service at Cornell University, reports that the Extension Service is seeking more ways to help working women. Its programs are geared not only to serving the needs of this new "lifestyle" for women, but to discovering what research institutions can do to help further our understanding of the problem.

NEW LIFESTYLE

— FOR SINGLE FATHERS

One of the seldom discussed problems of divorce — the single father — is emerging with the advent of a new lifestyle... a lone man coping with the emotional and physical problems of a youngster. The trauma of divorce is as shattering to a man as to a woman, according to sociologists who are working with problems concerning this "new lifestyle" which is affecting the homelife of many Americans.



To most newly-single fathers the diverse problems related to rearing a child are complex and they do not know where to turn. Often they do not know how to buy, cook or prepare meals for growing youngsters — they do not know how to cope with everyday problems that develop.

In Michigan, some of the newly-single fathers called on the Cooperative Extension Service for help. One father — alone for the first time — expressed deep concern about how he could meet the needs of his young daughter. The Extension home economist provided many of the answers — one answer was to share his experience with another man whose family situation was similar. This was the beginning of a group now known as the "Single Fathers Association" whose members help each other — and their children — to adjust to their new lifestyle.

Basic nutrition and child rearing information was provided by the Extension Service. The basic principals of running a home were simplified so that the children could be included in preparing family meals.

A "crisis intervention system" — a 24 hour telephone "hot line" — was organized by the men so that members who needed to "talk to someone" could have an outlet.

(more)

It started so that the men could help each other to empathize — not sympathize with each other. All facets of the problems were discussed from personal problems to irrational plans for escaping from their situations.

Another of the problems, in the multitude of concerns, was that often the frustrated divorced fathers faced difficult court attitudes toward child custody. In some states, courts still follow traditional lines and automatically award custody of the children to their mothers. Many fathers are now — and more are working towards — full custody of their children with giving visiting rights to the mother.

This embryo Single Father group already has 81 members in Michigan. Further information on the "Single Fathers" group is available by writing to Ann Scott, Kent County Extension Home Economist, Grand Rapids, Michigan or direct to Roger Scholz, 126 Ash Street, Cedar Springs, Michigan 49319.

FACTS ON BREAD....

Did you know that a bushel of wheat provides the flour for about 70 one-pound loaves of white bread?

A \$1 per bushel value of wheat — or a change of \$1 per bushel in the price of wheat — affects the net farm value of the wheat ingredients in a one-pound loaf of white bread about 1.2 cents. In other words, if the farm price of wheat increases \$1 per bushel, the net cost of the wheat ingredients in a one-pound loaf of bread increases about 1.2 cents.

Farm wheat prices would have to more than double to add as much to the cost of a loaf of bread as last year's increase in processing and distribution costs added to the bread prices of 1974.

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